



THE BECOMING BLUEPRINT

ChroniclesofAlexis

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Becoming Starts With A Decision

The woman you want to become already exists.

The purpose of this blueprint is not to become someone else.

It's to uncover the woman you've always been beneath the stress, fear, self-doubt, survival mode, and expectations of everyone else.

WHO AM I BECOMING?

Describe the woman you are becoming.

She is:

- ☐ Confident
- ☐ Disciplined
- ☐ Healthy
- ☐ Strong
- ☐ Peaceful
- ☐ Consistent
- ☐ Courageous
- ☐ Present
- ☐ Joyful
- ☐ Self-Assured
- ☐ Resilient
- ☐ Authentic
- ☐ Other: _____

HER DAILY HABITS

The woman I am becoming:

- ☐ Moves her body regularly
- ☐ Prioritizes rest
- ☐ Keeps promises to herself
- ☐ Drinks water
- ☐ Sets boundaries
- ☐ Protects her peace
- ☐ Speaks kindly to herself
- ☐ Chooses growth over comfort
- ☐ Makes time for joy
- ☐ Invests in herself

What else does she do?

HER MINDSET

The woman I am becoming believes:

Examples:

- I am worthy of good things.
- Progress is more important than perfection.
- I do not need permission to choose myself.
- My past does not define my future.
- I can trust myself.

WHAT SHE NO LONGER TOLERATES

The woman I am becoming no longer tolerates:

- ☐ Negative self-talk
- ☐ Toxic relationships

- ☐ Constant self-sacrifice
- ☐ Burnout
- ☐ Procrastination
- ☐ Settling
- ☐ Ignoring her health
- ☐ Shrinking herself
- ☐ Living in survival mode
- ☐ Fear-based decisions

Other:

HER ENVIRONMENT

The woman I am becoming spends her time around:

What environments help her thrive?

HER FUTURE

One year from now:

How does she feel?

How does she treat herself?

What has changed?

What is she proud of?

A LETTER FROM MY FUTURE SELF

Dear Me,

I know things feel difficult right now, but keep going.

I promise you it will be worth it.

Love,

The Woman You Are Becoming

MY BECOMING DECLARATION

I am no longer waiting to become her.

I am becoming her now.

With every healthy choice.

With every boundary.

With every workout.

With every difficult conversation.

With every promise I keep to myself.

I am becoming the woman I was always meant to be.

Signature:

Date:



THE CHRONICLES METHOD™

1. **Survival Mode Audit™**
2. **Rebuild Assessment™**
3. **90-Day Rebuild Plan™**
4. **Becoming Blueprint™**
5. **Community Accountability™**
6. **Heal. Build. Become.**